



PEA

SUPER FOOD POWDERS



Green pea powder is a very good source of vitamin K, manganese, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate. Our whole vegetable powder processes the whole pea and pod capturing every last drop of vitamins, minerals and flavor this vegetable has to offer. It is also a good source of vitamin B6, niacin, vitamin B2, molybdenum, zinc, protein, magnesium, iron, potassium and choline. Peas have a very small but high-quality fat content that helps provide us with important fat-soluble nutrients, including sizable amounts of beta-carotene. *(Source: WHFoods.com)*

Our customers use pea powder for the following applications:

- * Additional fiber content in prepared food products
- * A substitute for modified food starches
- * Addressing dietary allergies in food production
- * Creating a clean label by increasing the amount of NATURAL ingredients in a recipe
- * Sourcing ingredients from North America
- * A thickening agent in sauces, soups & marinades and a nutrient dense mix in for a variety of foods.

NUTRITIONAL FACTS

Protein	26.01%
Ash	2.74%
Calories Calculated	360 kcal/100g
Carbohydrates Calculated	59.06%
Calcium	36 mg/100 g
Iron	4.7 mg/100 g
Sodium	6.4 mg/100 g
Total Dietary Fiber	6.0 g/100 g
Sugar Profile	
Fructose	<0.15 g/100 g
Glucose	0.24 g/100 g
Sucrose	2.64 g/100 g
Maltose	0.40 g/100 g
Lactose	<0.15 g/100 g
Total Sugars	3.28 g/100 g
Total Vitamin A	
B-Carotene	684 IU/100 g
Retinol	<30.0 IU/100 g
Total Vitamin A	684 IU/100 g
Vitamin C - Ascorbic Acid	5.79 mg/100 g
Cholesterol	<0.8 mg/100 g
Calories From Total Fat, Calculated	20 kcal/100 g
Total Fat Triglycerides	2.19 g/100 g
Total Saturated Fatty Acids	0.57 g/100 g
Mono & Poly Unsaturated Fatty Acids from Trans FAP	
cis, cis-Polyunsaturated Fatty Acids	0.90 g/100 g
cis-Monounsaturated Fatty Acids	0.62 g/100 g
Total Trans Fatty Acid Isomers - GC	0.01 g/100 g

Data is not lot specific and should not be considered a specification.

